



SENIORS

COVINA SENIOR AND COMMUNITY CENTER | 815 N. BARRANCA AVENUE | (626) 384-5380

OPERATING HOURS: Mon-Thu, 8:30 am-4:30 pm, Fri, 8:30 am-1:30 pm

HOLIDAY CLOSURES:

Monday, May 29 (Memorial Day)

Senior Nutrition

DRIVE-THRU NUTRITION PROGRAM - AGES 60 & UP

Until further notice, the Nutrition Program will continue to operate as a drive-thru program. The program provides (7) meals for the week on Thursdays, by reservation only. Funded in part by Community Development Block Grant and with Federal funding through the LA County Area Agency on Aging, the program is administered by YWCA of San Gabriel Valley. **For reservations, please call (626) 384-5380, on Thursday beginning at 10 am, one week in advance of the drive-thru date. Program reservations are automated and on a first-come, first-served basis.**

HOME DELIVERED MEAL PROGRAM - AGES 60 & UP

The Home Delivered Meal Program is offered through YWCA of San Gabriel Valley and provides healthy meals to homebound older adults. The frozen meals are delivered in a package of seven meals once per week. A quick client assessment to see if the client meets the criteria is handled over the phone by calling (626) 214-9467.

TAX PREPARATION

SPONSORED BY AARP

Tax preparers are certified volunteers through AARP. You do not have to be an AARP member to take advantage of this free service. Appointment is required. No walk-ins.

Register in person at the Senior and Community Center, online at covinaca.gov/parksrec, or you may call (626) 384-5380 and register over the phone.

LOCATION

Covina Public Library
234 N. Second Ave.

DAY & TIME

Friday, 9:30 am-3 pm

DATES

Now through April 14

SENIOR SERVICES



COVINA SENIOR FITNESS CENTER

SERVICE HOURS:

Mon-Thu, 8:30 am-4:30 pm, Fri, 8:30 am-1:30 pm

Please remember to wear your orange wristband to enter. If you don't have an orange wristband, please call us to schedule an orientation to receive one.

Fitness Center use is on a first-come, first-served basis.

BIRTHDAY CANDY BAR

CELEBRATIONS (AGE 60 & UP)

Celebrate your birthday with a sweet treat...a birthday candy bar! Free! Must register through Nutrition program.

Dates: Apr 13, May 18, Jun 15



THE COFFEE CORNER

Enjoy a cup of coffee and conversation! A time to gather and meet new friends. At times there will be guest speakers or just a mix and mingle.

Day & Time: Fri, 9-9:45 am

Dates: Mar 31, Apr 14, 28, May 12, 26, Jun 9



QUILTERS CLUB

Day & Time: Every Wed, 2-4 pm

MOVIE MONDAYS

Join us for a Movie Day with friends!! FREE admission. We'll even provide popcorn to enjoy during the show!

Day & Time:
Monday, 2-4 pm



MARCH 20
JAZZMAN'S BLUES
(PG13)



APRIL 17
ALADDIN
(PG)



MAY 15
MUST LOVE DOGS
(PG13)

SPECIAL DANCES

Enjoy light refreshments, while socializing and dancing with friends!

Fee: \$5 per person



April Showers Bring May Flowers

Rain or shine we will be together to welcome Spring! Add a little sunshine to your day and BLOOM with us as you dance the afternoon away!

Thu, Apr 6, 2-5 pm

Registration/Refund By:
Wed, Mar 22



Cinco de Mayo Fiesta

Let's TACO 'bout how much fun you'll have at this lively fiesta. We said fiesta not siesta, so put on your sombrero and be ready to shake your maracas to the beat.

Thu, May 4, 2-5 pm

Registration/Refund By:
Wed, Apr 19



Stars & Stripes

Time for a "Party in the USA" with Red, White and You! Celebrate the beginning of Summer and our independence! Wear patriotic colors and sparkle like a firework!

Fri, Jun 30, 1:30-4:30 pm

Registration/Refund By:
Wed, Jun 14

PROGRAMS & SERVICES

FREE LEGAL ASSURANCE - AGES 55 & UP

Covina Residents only. For appt., call (626) 384-5380.

Representatives	Dates	Days	Times
Anna Valiente Gomez	Apr 12	Wed	2-3 pm
Anna Valiente Gomez	May 10	Wed	2-3 pm
Kevin Stapleton	Mar 28	Tue	1-2 pm
Kevin Stapleton	Apr 11	Tue	1-2 pm
Kevin Stapleton	Apr 25	Tue	1-2 pm
Kevin Stapleton	May 9	Tue	1-2 pm
Kevin Stapleton	May 23	Tue	1-2 pm

FREE CLASSES PROVIDED BY MT. SAC

All classes are on a walk-in first-come, first-served basis. Must purchase own supplies.

Spring Session: Mar 27-Jun 5

HANDCRAFTED NEEDLEWORK FOR RETAIL SALE

Day & Time: Mon, 1:30-4:20 pm

HEALTHY AGING

Day & Time: Mon, 1-1:50 pm

ALZHEIMER'S ASSOCIATION WORKSHOPS

LIVING WITH ALZHEIMER'S FOR CAREGIVERS MIDDLE STAGE

3-Part Course

In the middle stage of Alzheimer's disease, those who were care partners, now become hands-on caregivers. Join us for this 3-part series and hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stages of Alzheimer's.

PART 1 (of 3):

Learn about symptoms associated with middle-stage of Alzheimer's disease, communication and relationship changes, effective ways to provide personal care, and preparing for hospitalizations.

PART 2 (of 3):

Provides information on telling others about diagnosis, communication with family and friends, making legal and financial plans, and playing it safe.

PART 3 (of 3):

Learn about respite options including informal care, day services, in-home care services and senior living options, as well as managing and coping with difficult feelings.

Courses	Dates	Day	Time
Part 1	Apr 25	Tue	10-11 am
Part 2	May 23	Tue	10-11 am
Part 3	June 27	Tue	10-11 am

Spring 2023 | Covina.gov

TECH TALK -- FREE!

Need assistance to overcome the fear of operating your cell phone, smart phone, tablet, laptop, iPad or a new app?

Meet the tech-savvy teens from the Covina T.E.A.M. (Teens Endeavor to Accomplish More) as they help you navigate the digital world. (Must bring your own device). Preregistration required. Space is limited.

Dates	Day	Time
Mar 23	Thu	4-5 pm
Apr 27	Thu	4-5 pm
May 25	Thu	4-5 pm



INFORMATION & REFERRAL - AGES 55 & UP

This is a free service and funded by Community Development Block Grant. Staff maintain a resource file of local programs and services that contribute to the health and well-being of older adults. If you need access to services, call (626) 384-5380 or contact the 24-hour LA County INFO LINE at (626) 350-6833.

SOCIAL SERVICES FOR SENIORS

Funded by Community Development Block Grant and coordinated by YWCA of San Gabriel Valley.

eliminating racism
empowering women
ywca
San Gabriel Valley

CASE MANAGEMENT SERVICES - Ages 60 and up

Case Management services include a comprehensive assessment of the client, care plan for services, and monthly contract to monitor and modify services as needed. For appointments, call (626) 384-5380. Appointments required and available 9 am-12 pm on the 2nd and 4th Monday of each month.

Services Include:

Homemaker Services, Personal Care, Respite, Registry, Transportation, Telephone Reassurance, Assistive Equipment, Housing Referrals, and assistance with Social Security issues/Advocacy.

